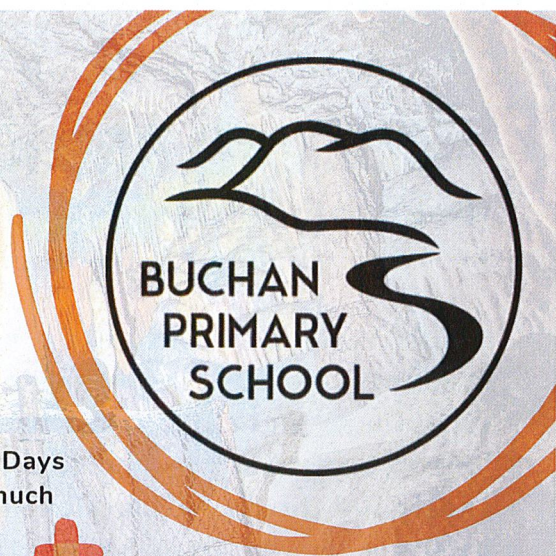


VOLUME.02

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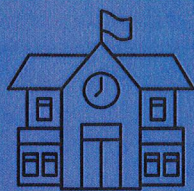
BUCHAN PRIMARY SCHOOL

IS A BARR SCHOOL. (BUSHFIRE AT RISK REGISTER)

This means our school will be closed and unstaffed on Code Red Days as well as other days deemed unsafe. Families will be given as much warning as possible. Safety is our first priority.

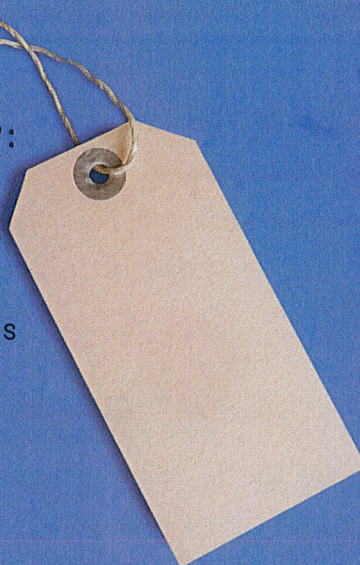
SCHOOL NEWSLETTER

23RD OF FEBRUARY, 2023



Inside the newsletter:

- Around the School
- Student of the Week
- Acting Principal's Report
- Some highlights
- Upcoming Events



Birthdays



We would like to wish Makayla Sowden a happy birthday who celebrated her birthday on 12th of February.

AROUND THE SCHOOL

Junior Classroom

Lots of fun activities have been happening in the junior room over the last two weeks. Our new 30 minute "buddy block" once per week has been working really well. Foundation students and their buddies have made a friendship necklace, engaged in a treasure hunt and had their buddy read them a story over the last 2 weeks!

Senior Classroom

Grade 6 students have been working hard on planning, writing and editing their captain speeches, which were delivered to the school today. Big congratulations to Luca Wieland and Makayla Sowden who will form a partnership and be our two school captains for 2023. We all know you both will do an exceptional job.



ACTING PRINCIPAL'S REPORT

What a positive start to the year! It has been a very eventful fortnight at Buchan Primary School.

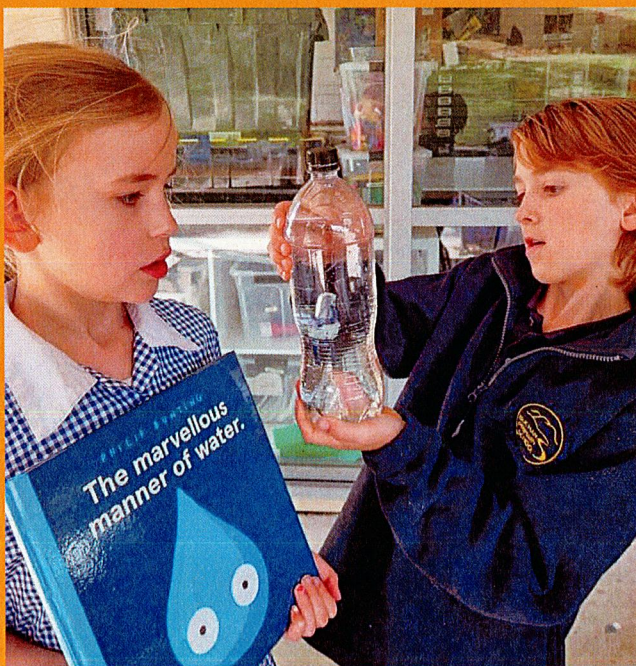
Students have been working really well in class and our new students are starting to adapt to the new routines, structures and more importantly making new friends. I would like to congratulate and thank all of the students for the friendship they have displayed outside in the playground. AFL seems to be very popular at the moment, after having two footy clinics ran by the AFL and working on footy skills in P.E with Mr Hodge.

Please remember that if you have any concerns, please do not hesitate to contact me. It is important that we all work together to support our children. Thank you everyone, for the enthusiasm and support you have contributed to the start of our school year!

Best regards,
Aidan Johnston
Acting Principal

MARC VAN

The kids are absolutely loving having MARC lessons weekly, as opposed to fortnightly. Students have been doing lots of hands on projects, such as leaf blower boat tests, looking at water channels and completing a cartesian diver science experiment.



Show Respect • Show Empathy • Be Kind • Be a Friend

SCHOOL PHOTOS



Our school photos will be on Tuesday the 7th of March. Families will receive further information and order forms early next week.

SCHOOL STREAM



it is fantastic that all families are on School Stream.

Please remember that this is our number one mode of communication. The newsletter is distributed fortnightly, but all updates and/or change of events are communicated through School Stream.

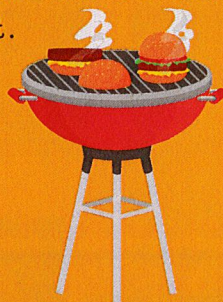
GRADE 3-6 CAMP



Senior students, myself and Mr Kenyon will be off to Harrietville on Monday the 27th of February. The camp is a great way for your child to try new things and enjoy active time in the great outdoors. Mountain View Retreat offers a range of professionally led activities suitable for your child's age. A camp "checklist" has been provided previously, but if anyone needs a spare please contact me tomorrow.

WELCOME BBQ

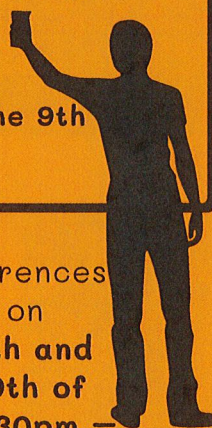
The welcome BBQ is tonight!! Please do not worry if you did not make a salad/desert, there will be plenty of food to go around! We are hoping everyone will be able to make it.



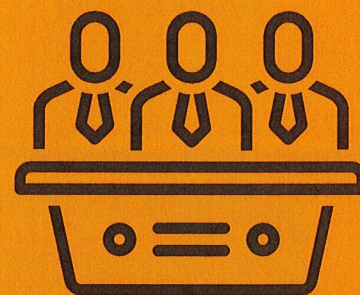
PARENT TEACHER CONFERENCES

- **Tuesday the 7th of March**
- OR
- **Thursday the 9th of March**

Term 1 Parent Teacher Conferences will take place on **Tuesday the 7th and Thursday the 9th of March from 3:30pm – 5:30pm and bookings will be on a first come basis.** Please select your preferred time on the attached form and hand this back to Julie. We will do the best to accommodate your needs. If your time is selected by someone who handed this in earlier, we will give you the next closest time.



SCHOOL COUNCIL



School council nominations are open from today, you have 1 week, until the 2nd of March to nominate. We would love to see some new faces on school council, the more the merrier. We thank Sophie Sandy, Clare Murphy and Tara King who have served their 2 years on School Council. Hopefully you choose to re-nominate.

STUDENT OF THE WEEK

WEEK 2 & 3

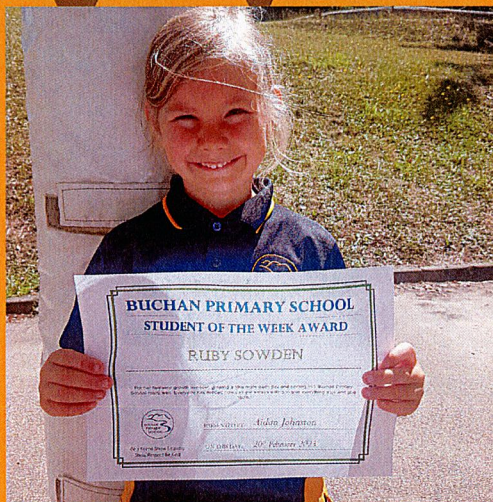


HOLLIE RABBIDGE

For really concentrating in reading and blending her first cvc (consonant/vowel/consonant) word, sat, on Friday.

HOPE DE WIT

For doing her best and thinking outside the box.



RUBY SOWDEN

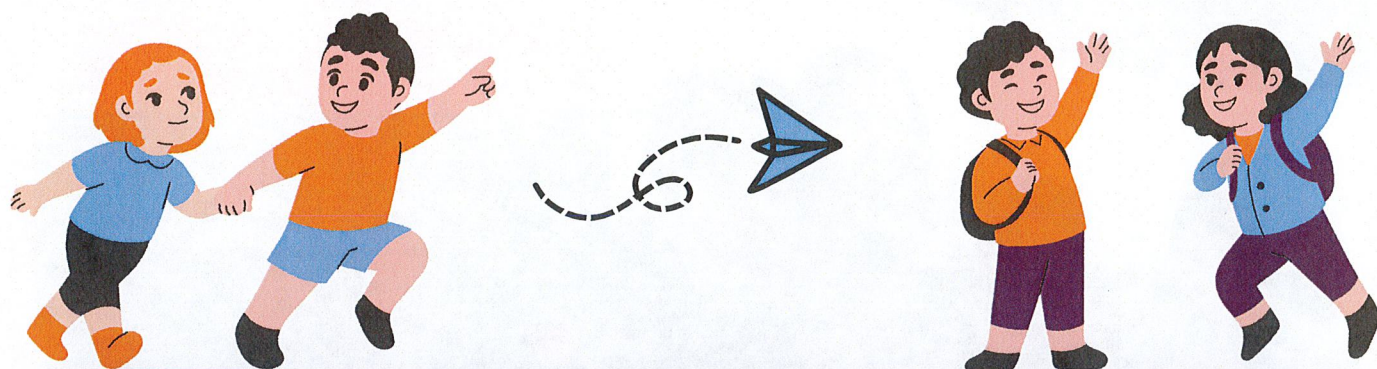
For her fantastic growth mindset, growing a little more each day and settling into BPS really well. Everyone has noticed how you are always willing to give everything a go and give 100%!!

CAMPBELL MATHERS

For always doing his best and asking excellent questions.

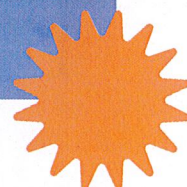
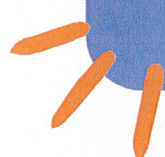


Pictured below is a schedule of events that will be held over Term 1. Please continue to monitor School Stream and each fortnightly newsletter, as events are always being added!



Upcoming Events

| | |
|------------------------|--|
| February 23: | Welcome BBQ / Welcome Back Mr Kenyon |
| February 23: | Optional hotdog lunch orders |
| February 27 - March 3: | Grade 3-6 Camp |
| March 2: | Optional Dim Sim Lunch Orders |
| March 7th: | School Photos |
| March 7th & 9th: | Parent Teacher Interviews |
| March 9: | Optional Roadhouse Lunch orders |
| March 10: | Professional Practice Day (No kids at school) |
| March 13: | King's Birthday Public Holiday |
| March 14th - 27th | NAPLAN OVER 2 WEEKS |
| March 16: | Optional Hotdog Lunch Orders |
| March 16: | Junior Class Teddy Bears Picnic with Kinder |
| March 23: | Optional Dim Sim Lunch Orders |
| March 24: | Cross Country |
| March 30: | Optional Roadhouse Lunch orders |
| March 31: | Surfing at Cape Conran with Surf Shack |





Start saving now with Saver Plus

Learn tips and tricks to grow your budget and saving skills. Save for 10 months. Get up to \$500 of matched savings for school expenses. Just in time for 2024.





*Eligibility criteria apply

saverplus.org.au



Are you eligible to join Saver Plus & receive \$500 for your back to school costs?

Must meet all eligibility criteria:

-  Have a current Health Care or Pensioner Concession Card **AND** an eligible Centrelink payment*
-  Be studying yourself **OR** have a child in school (can be starting school next year)
-  Have regular income from work (either yourself or your partner)*
-  Be 18+ years old

*Many types of income and Centrelink payments are eligible



The East Gippsland Soccer League is back. Registrations are open!

Ages Groups and Eligibility:

U7 – 1st Jan 2016- 31 Dec 2017
U9 – 1st Jan 2014 – 31st Dec 2015
U11 – 1st Jan 2012 – 31st Dec 2013
U13 – 1st Jan 2010 – 31st Dec 2011

Season: 29th April – August 12th **Finals:** 19th – 26th August

Price: \$180

Location: Howitt Park, Bairnsdale

Teams will be based on location: Bairnsdale, Lakes Entrance, Tambo Valley, Paynesville/Eagle Point and Orbost.

Register using the QR Code or at:

<https://www.gofootball.com.au/play/pick-your-location/East-Gippsland-United-FC>



Being a community sport, we ask that parents/guardians volunteer for team roles such as coach, manager, jersey washer and fruit supplier.



As a parent and caregiver, you have an important role in protecting children from e-cigarettes.

These products are not regulated in Australia and are often purchased online, meaning they can be made anywhere, by anyone and contain anything.

It's important to talk to your child often about the health risks of e-cigarettes and the harms involved. Many young people are under the misconception that e-cigarettes are safe.

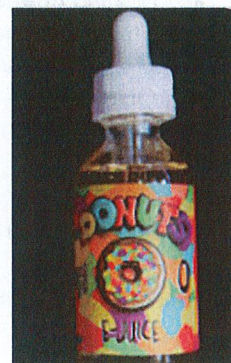
It is Important that parents learn about e-cigarettes in order the have these conversations. It is helpful to know what the different devices look like, and the different words young people may use to describe using e-cigarettes.

Reiterate that most young people don't vape and don't smoke, to take the "everyone's doing it" sentiment right down.

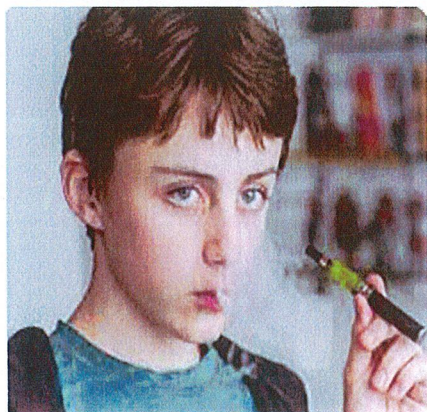
Vaping products can come in hundreds of flavours like 'cookies and cream' or 'Donuts'. A single disposable product can contain as much nicotine as 50 traditional cigarettes and cost as little as \$5.

The result?

Young adults aged 18-24 are now the single largest user group of e-cigarettes, and a recent survey showed that 80% of teenagers who have vaped found it "easy" to access e-cigarettes.



Smoking and vaping laws:



Wherever smoking is regulated, vaping is included, and applies whether or not the e-cigarette contains nicotine.

It is illegal to sell cigarettes and e-cigarettes to people under 18 years of age (state law)

Adults can purchase e-cigarettes without nicotine

E-cigarettes containing nicotine can only be purchased with a prescription

In Victoria, a person must not smoke or use e-cigarettes on school premises or within 4 metres of any pedestrian access point to school premises.

As a parent and caregiver, you have an important role in protecting children from e-cigarettes.

Nicotine dangers:

Nicotine in vaping liquid (or e-liquid), the fluid used in vaping products or e-cigarettes, **can cause poisoning**. It can make someone very ill or even kill them. Young children are at highest risk.

Most e-cigarettes contain nicotine, which is highly addictive especially for teens. **E-cigarettes and e-cigarette liquid may contain nicotine, even if they have been labelled 'nicotine free'**. One e-liquid pod can contain as much nicotine as a packet of cigarettes which means it is easy to have too much.

Students are frequently reporting their dependence on Vapes and some are showing signs Nicotine Poisoning whilst at school.

Nicotine Poisoning Symptoms

Nicotine poisoning usually happens in two stages. Symptoms typically last an hour or two after a mild overdose and up to 24 hours for severe poisoning.

You'll get early symptoms within the first 15 minutes to an hour.

- Feeling queasy or throwing up
- Stomach ache
- [Mouth](#) watering
- Quick, heavy [breathing](#)
- Faster heartbeat, Higher [blood pressure](#)
- Pale skin
- [Headache](#)
- Dizzy, off-balance, or confused



Late-phase symptoms happen 30 minutes to 4 hours later.

- [Diarrhea](#)
- Shallow breathing
- Slower heartbeat, Lower blood pressure
- Lethargy
- Feeling weak, slow reflexes, or unable to control muscles
- [Seizures](#)

Please access the following Informative links below which Include short videos for parents and young people:



The Royal **Children's**
Hospital Melbourne

[Kids Health Information : E-cigarettes and teens \(rch.org.au\)](https://www.rch.org.au/kids-health-information/e-cigarettes-and-teens)



 CALL QUITLINE 13 7848

[E-cigarettes and young people: what you need to know \(quit.org.au\)](https://www.quit.org.au/e-cigarettes-and-young-people)

Mythbusting: *e-cigarettes*



Myth: It's only water vapour

Fact: It's not! Vaping products make a **mist (aerosol)**, which is a fine spray of **chemicals** and **particles**. Those particles can **stay in your lungs** and the chemicals enter your body through the lungs.

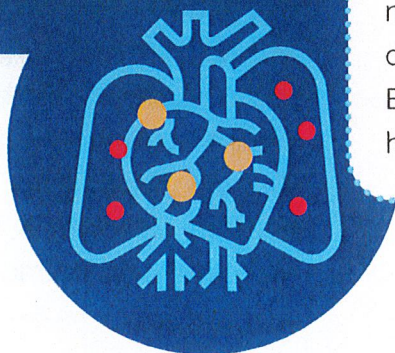


Myth: It's just flavouring

Fact: No! The flavours of e-cigarettes include many **chemicals** that are harmful to **breathe into your lungs**.

Myth: Vaping is safe

Fact: No! E-cigarettes have **harmful chemicals**, which can cause health problems like vomiting, shortness of breath and lung damage. E-cigarettes have not been around long enough to know what the **long-term harms** of vaping are, but experts are worried that it might increase the risk of **cancer, heart disease, or lung disease**.



Myth: The brand I buy doesn't contain nicotine

Fact: Nope! Labels are often **wrong**. Most e-cigarettes sold in Australia **contain nicotine**, even those that don't say it on the label. E-cigarettes are **unregulated**, which means there are no consequences for a company that does not label their product correctly. Even nicotine-free e-cigarettes are harmful to your health.

Myth: I won't get addicted

Fact: Think again! Nicotine is a **very addictive drug**. Brains are still growing until the age of 25 years, so teens and young adults are particularly at risk of nicotine addiction. Teens who vape are more likely to start **smoking cigarettes** in the future, probably because of nicotine addiction.



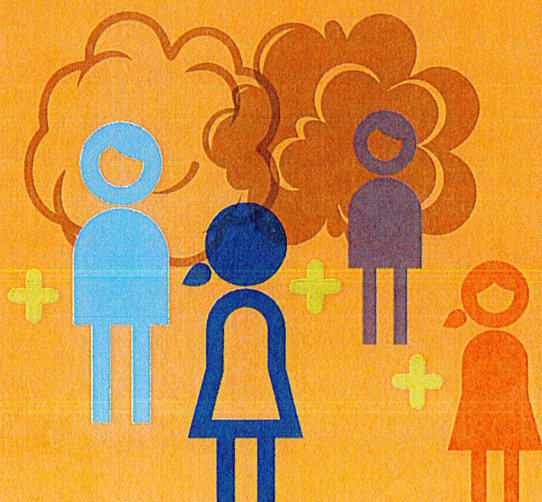
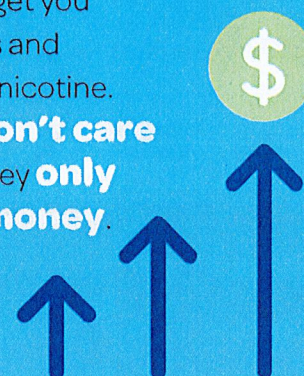
Myth: I see celebrities and influencers vape, so it must be safe

Fact: Celebrities and influencers **are paid** by tobacco and e-cigarette companies to promote vaping and their products. Don't take your health advice from celebrities – they are **often not a source you can trust**.

Myth: What about vape challenges on TikTok?

Fact: Vape challenges on social media platforms, like TikTok and YouTube are often **sponsored by tobacco and e-cigarette companies**.

They're designed to get you to buy their products and **get addicted** to nicotine. These companies **don't care** about your health, they **only want to make money**.



Myth: Vapes are not as bad as tobacco cigarettes, and are therefore safe

Fact: No! Vaping causes **addiction** and **short-term health harms**, and we don't know what the long-term health harms are. All the major tobacco companies make e-cigarettes because they see **vaping as a way to get new customers**, including young people who don't smoke.

Vaping and Young People For Parents and Carers

While it's true that tobacco smoking has fallen out of favour amongst Australia's youth in recent years, they're taking up an increasingly popular and dangerous alternative: 'vaping'.

This resource was created to fill the knowledge gap around vaping and e-cigarettes, empowering parents and carers with the latest research and information to engage in meaningful conversations with their dependents about the potential harms.

As Australia's most trusted lung health charity, Lung Foundation Australia remains deeply concerned about the potentially large and avoidable burden of disease resulting from vaping and e-cigarette use amongst young people, and encourages parents and carers to help dissuade this harmful activity.

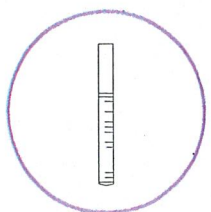
The resource offers evidence-based information on vaping, its health, safety and legal issues in Australia, and the ways in which it presents a serious health risk to the body and lungs.



What is vaping?

Vaping is the act of smoking e-cigarettes, or 'vapes', which are lithium battery-powered devices that look like metallic pens, USBs and other hand-held systems. Vapes use cartridges filled with liquids, or 'juice', which typically contain nicotine, artificial flavorings, and various chemicals. The liquid is heated into an aerosol, or vapour, and inhaled into the user's lungs.

Vapes generally come in three main types: minis, closed pods, and refillables. The range of choices within these categories has evolved rapidly in recent years, with countless new models and liquid flavours available.



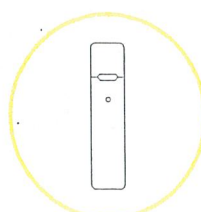
Minis – also known as 'cigalikes', Cuvides, BIDI Sticks or Stif. These are made to look like a normal cigarette and are disposable.



Refillable systems – also known as Mods, Tanks or APVs. These are newer models with more settings and longer battery life. The vape juice is re-filled into the device's tank.



Closed pod e-cigs – these look like minis, but aren't disposable. The liquid 'pod' is replaced with another when it runs out.



Other brands – there are also some closed pod brands such as JUUL which can be charged in a USB slot.

Parent / Teacher Conversations

Tuesday 7th & Thursday 9th March 2023.

We will be holding Parent/Teacher conversations on Tuesday 7th & Thursday 9th March to discuss your child's progress at school. Please indicate the time that best suits you to meet with your child's teacher/s.

Please write the teacher/s you would like to speak with next to a time slot that suits and we will try to accommodate you the best we can. If we do not hear back from you we will slot you in where there is a vacancy. Confirmation times will be sent home on Thursday 2nd March.

Thanking you
Julie Cameron

Parents Name _____

Tuesday 2nd March 2023

| | | |
|------|------|------|
| 3:30 | 3:45 | 4:00 |
| 4:15 | 4:30 | 4:45 |
| 5:00 | 5:15 | |

Thursday 9th March 2023

| | | |
|------|------|------|
| 3:30 | 3:45 | 4:00 |
| 4:15 | 4:30 | 4:45 |
| 5:00 | 5:15 | |

Please return by Monday 27th February, 2023!!